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# CLUB SWINGING

By

Gus Hill

And

Tom Burrows



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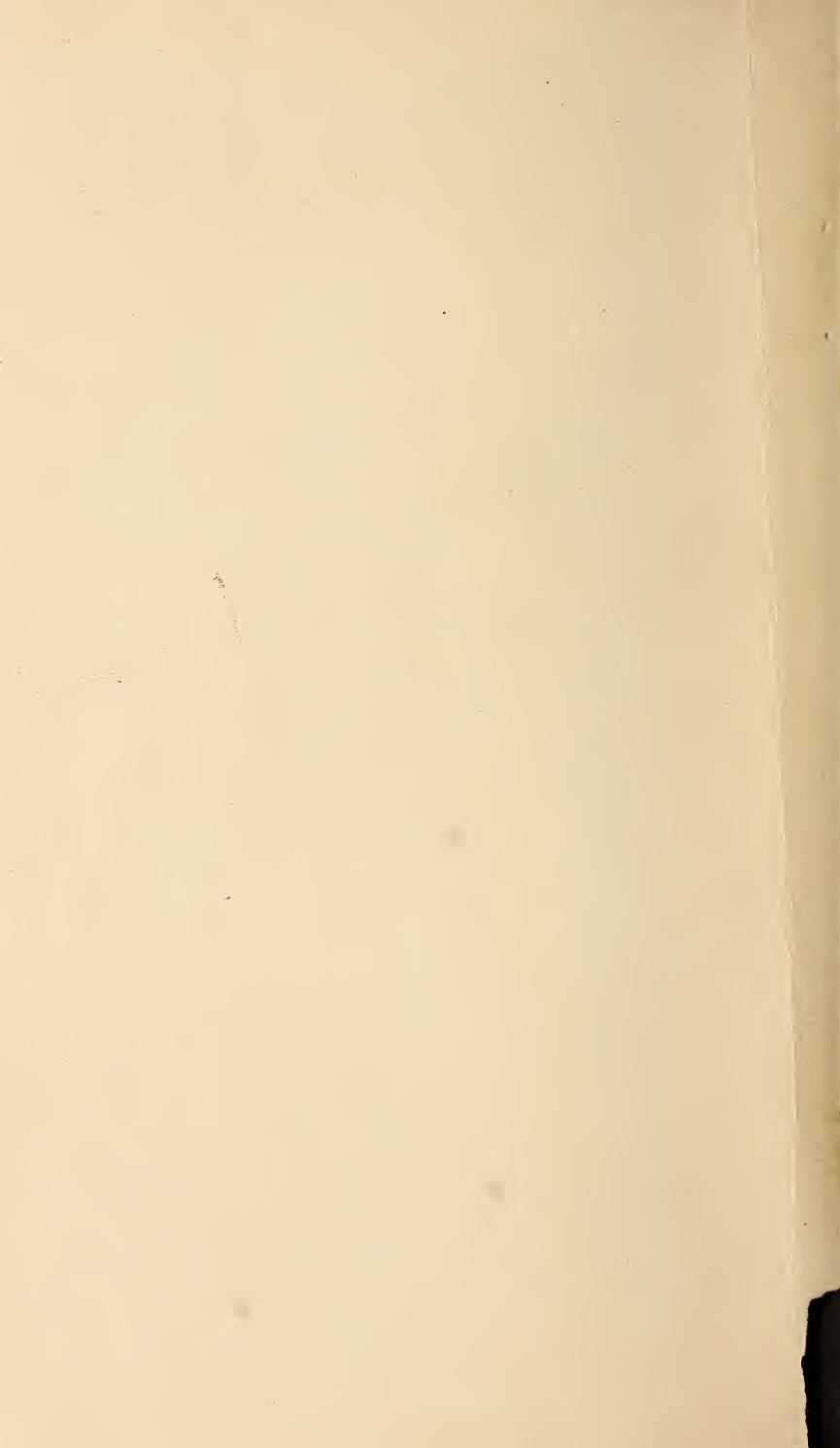


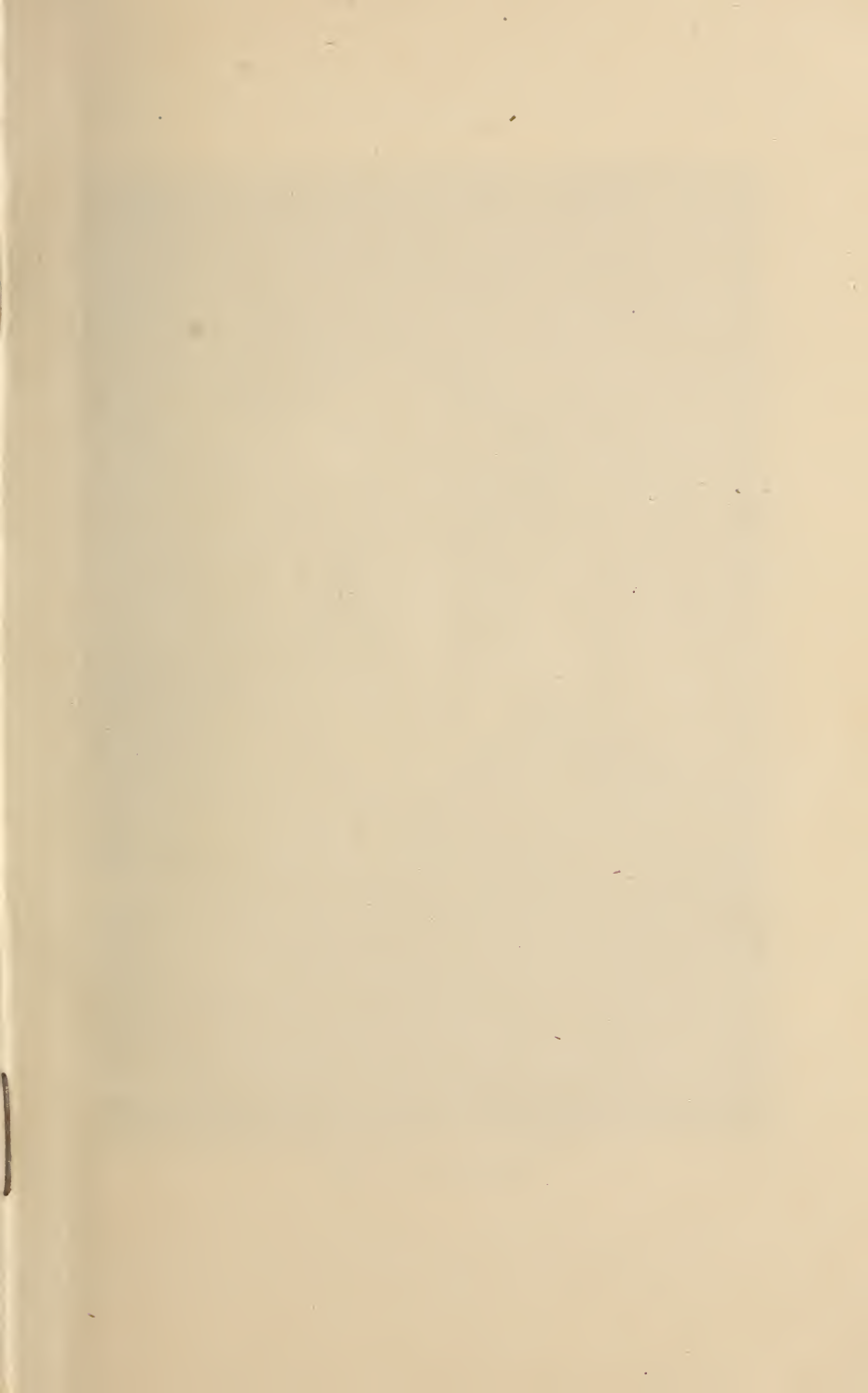
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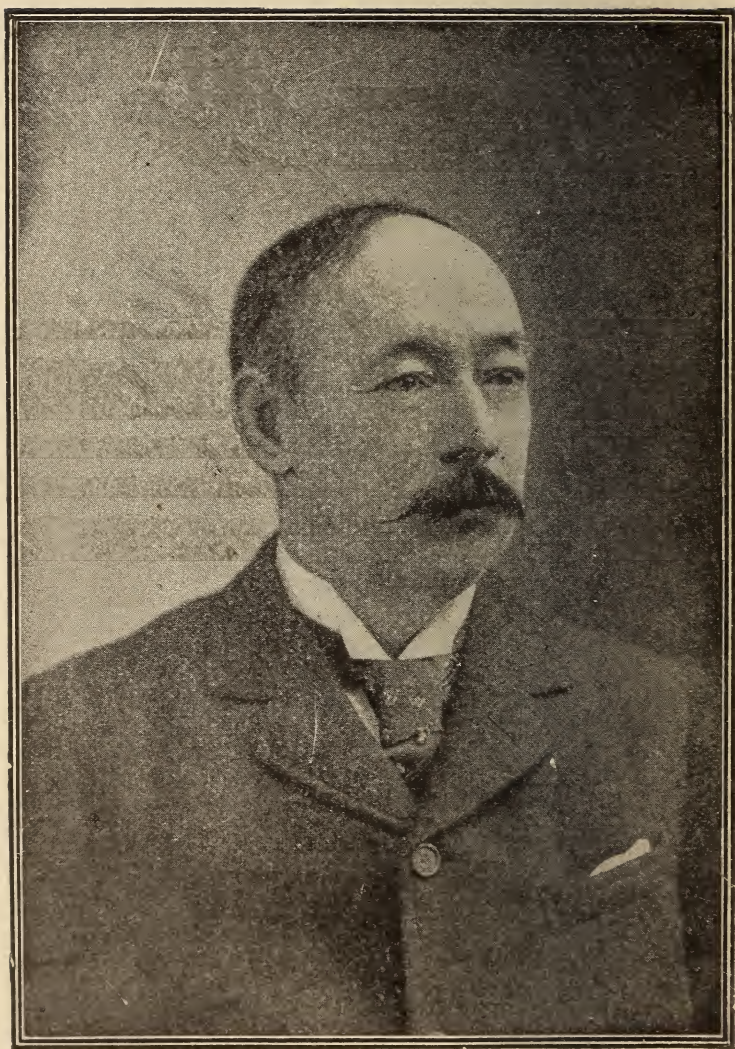
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# CLUB SWINGING

By

GUS HILL AND TOM BURROWS  
" World's Champions

Illustrated with photographs posed for by

TOM BURROWS

AND

ANDREW and OLLIE JACKSON

---

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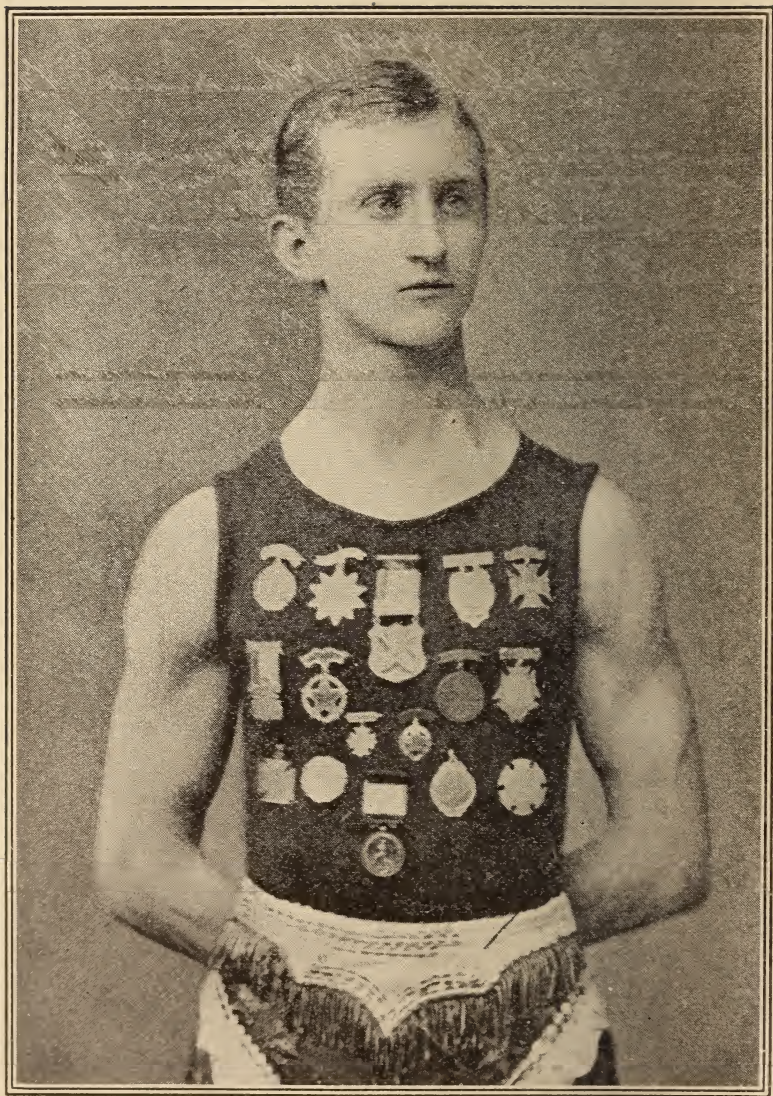


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GUS HILL

As the famous club swinger looked when he became a professional.



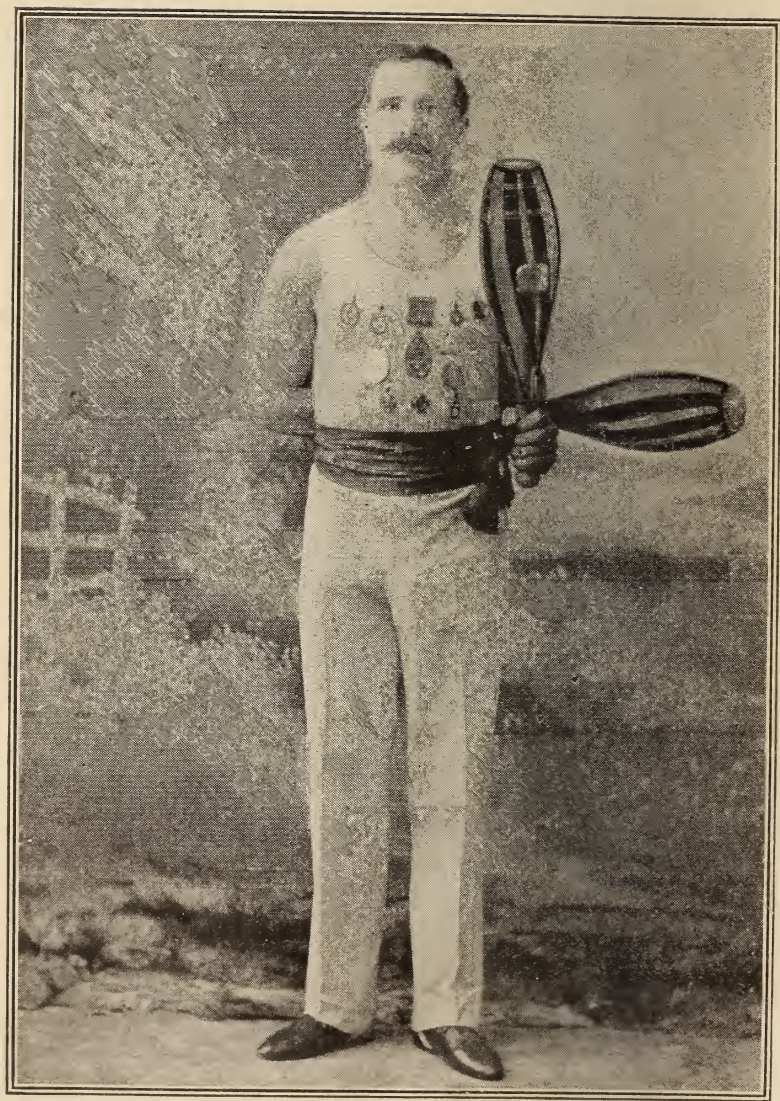
## PREFACE

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Club swinging as an exercise has been in vogue from the earliest records of the World's history. The Roman gladiators used it as part of their training for the Olympian games. It was a popular exercise in ancient Persia and India. The natives of India swing their clubs with the reverse grip, or holding the knob upwards. I have seen them swing most difficult movements around the head with heavy clubs.

To obtain proficiency in the art of club swinging and perform all the movements and combinations illustrated in this book, it will be most essential for the pupil to first understand the difference between the inward and outward circles. Master the outward circle first. Draw an imaginary line down the centre of the body; call it the centre. Use one club first, and extend the right arm straight above the head, which we will call 1st position. Now swing the club outwards and downwards from the center to your right, passing downward in front and up to your left, back to the first position, making a full front outward circle.

From the first position, bend the elbow sideways, keep the upper arm in line with the shoulder, swing the club outward and downwards behind the shoulder, describing a complete circle and resume the first position.



TOM BURROWS

Champion Endurance Club Swinger of the World, who holds all records.

Now you combine the two circles, making a full front and back shoulder circle outwards.

A diagram of the various circles is shown on page 10.

Inward circles are performed in a reverse direction to the outward circles.

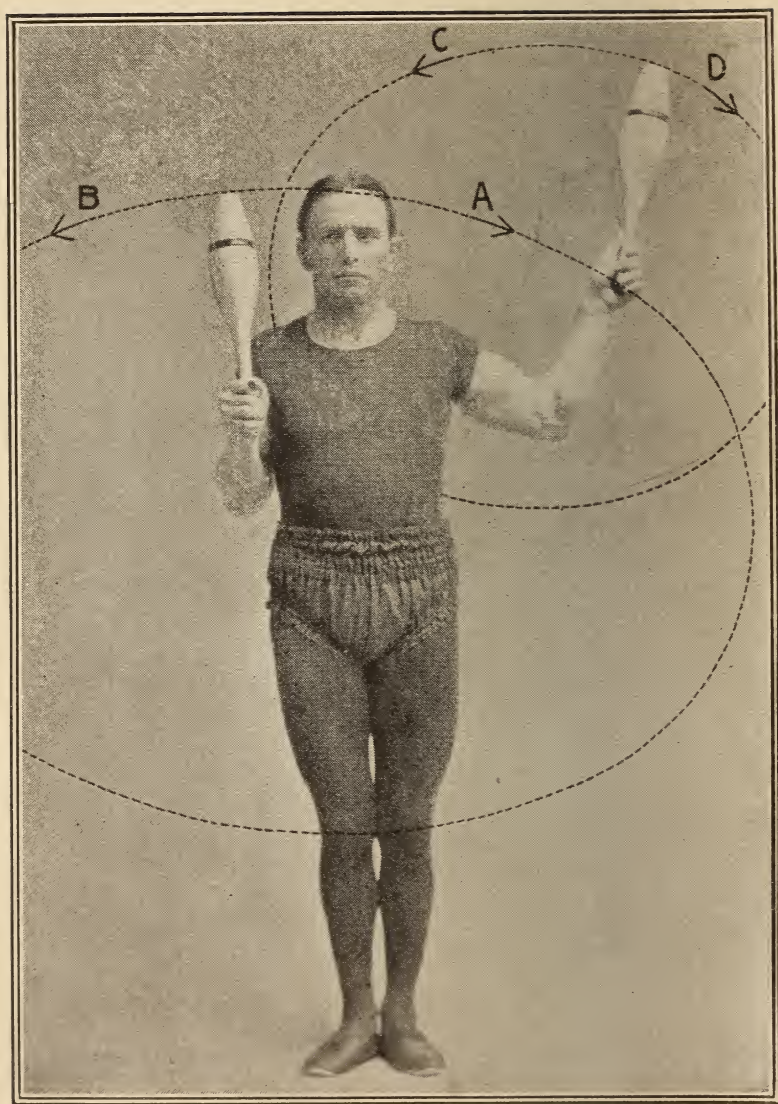
Parallel movements are a combination of an inward and outward circle, when both clubs swing in the same direction.

Windmill movements are inward and outward circles, keeping one club in advance. Should you swing on the left side, the right club must be in advance; if on the right, the left club must be in advance.

Clubs weighing 2 pounds each will be quite heavy enough for men. 1½ pound for ladies, and one pound for children.

For ladies and children it gives an ideal development for the arms, bust and waist; it creates an erect carriage, and acts on all the muscles of the abdominal region,







The diagram on the opposite page shows the primary movements.

A—Inner front circle; B—Outer front circle.

C—Inner back circle; D—Outer back circle.



Plate No. 1

### Movement No. 1.

---

This shows the clubs in position for one of the primary movements, with double clubs, and while there are no exercises for single clubs given in this book, the student will find it to his advantage to practice with one club at a time at first.



Plate No. 2



**Movement No. 2.**  

---

Start with the right club in an outward front circle, bringing it back to its original position, and then continue the movement with an outward back circle. Do first with one hand and then with the other, and then advance to the movement where both clubs are in action at the same time swinging alternately,



Plate No. 3

### Movement No. 3.

---

This is very pretty variation of the preceding movement, and can be performed with a little practice. After having made the outward front and the inner back circle, let the club swing outward and downward until the hand holding it reaches the small of the back, then pull the club through under the arm and across the body, with the heavy part downward, raising it from that position back to movement No. 2.



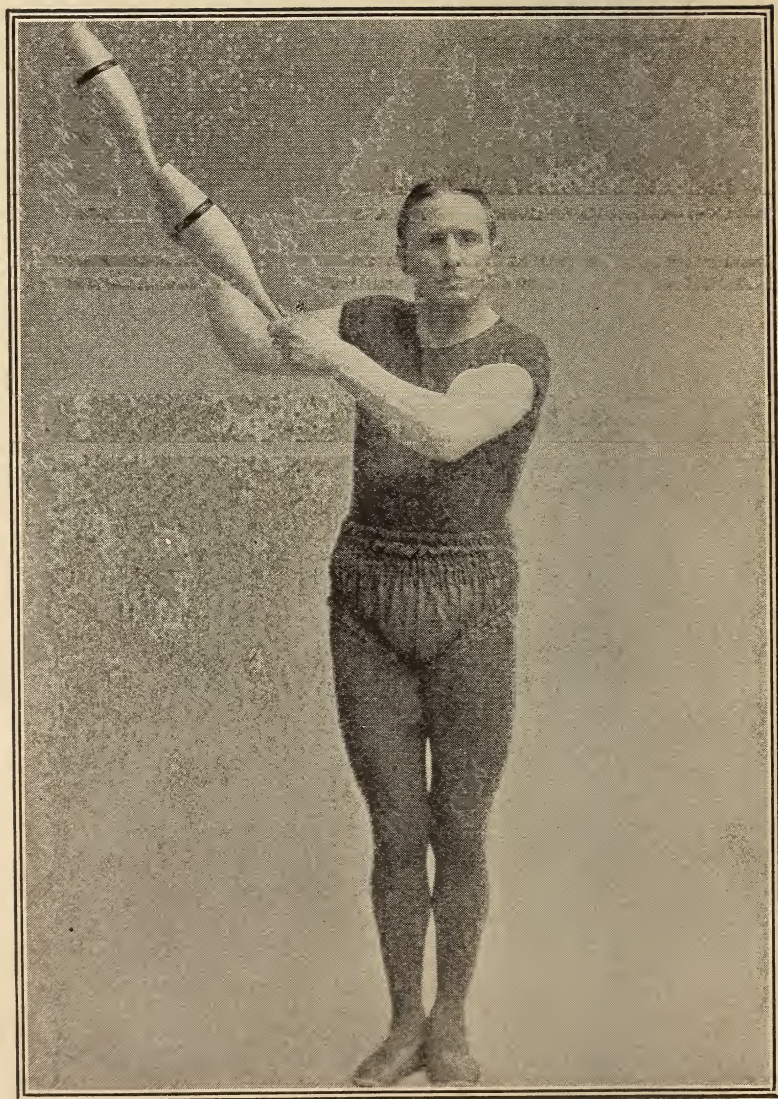


Plate No. 4



### Movement No. 4.

---

Assume the position as shown by movement No. 1, and advance to the position shown by the opposite plate.

For continuation see plate 5.



Plate No. 5

**Movement No. 5.**

---

The right hand club describes an inner back circle, while simultaneously the left hand club describes an outward front circle. After the inner back circle bring the right club across in front of the face, so the position as shown by plate No. 4 will be reversed.



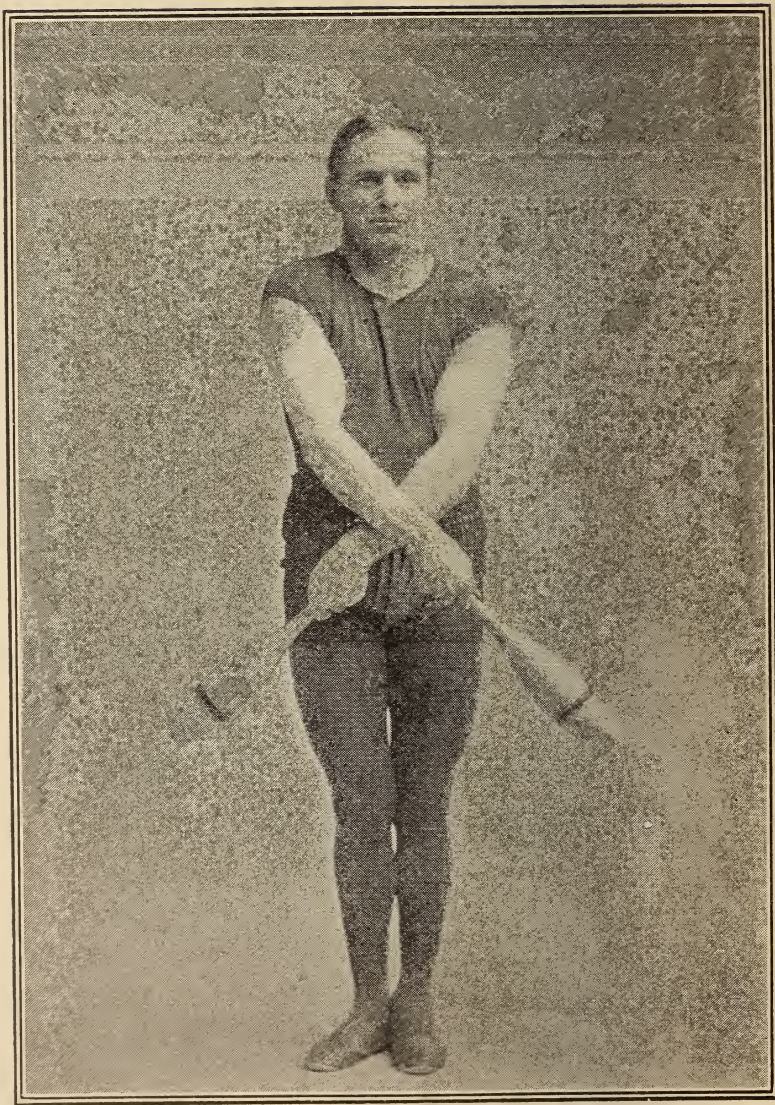


Plate No. 6



**Movement No. 6.**

---

Swing both clubs in inner front circles, giving as free play to the arms as possible. The clubs at their lowest point are shown by plate 6.



Plate No. 7

### Movement No. 7.

---

This illustrates the swing described on the previous page, and when it has become thoroughly familiar it may be varied with an outer back circle from the position as shown by plate No. 7, by swinging the clubs back of the head and then continuing the original movement.

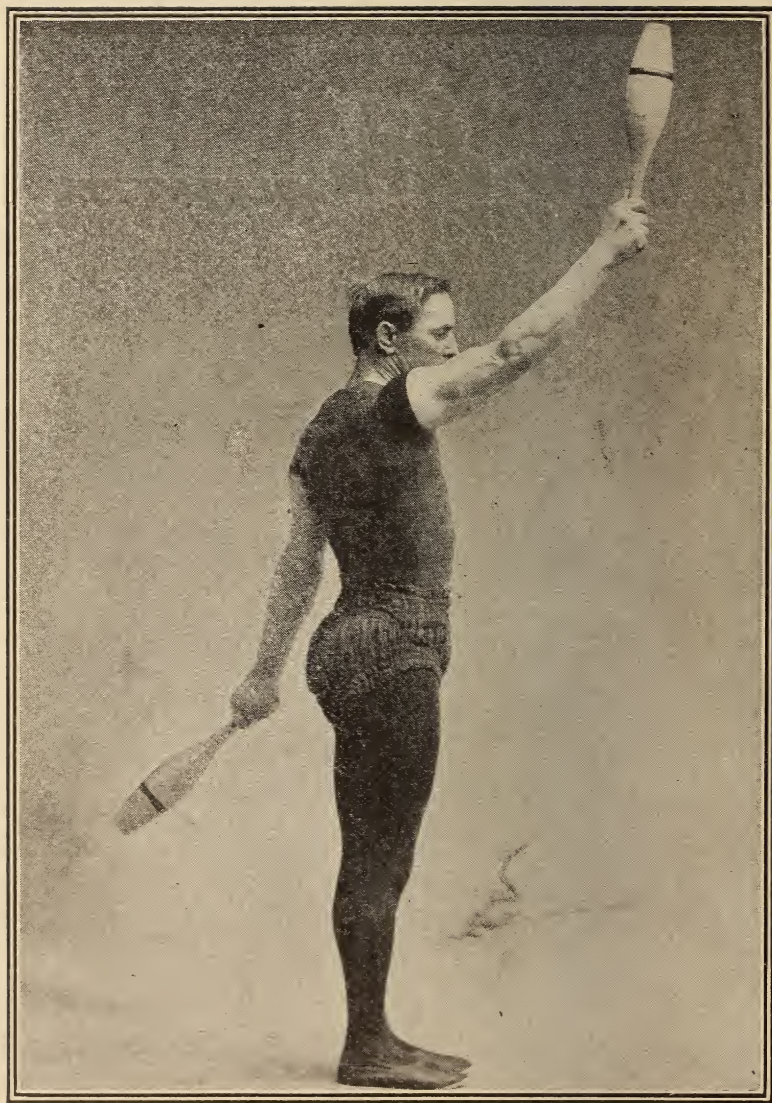


Plate No. 8



**Movement No. 8.**  

---

This is a windmill swing in which both clubs travel in the same direction, but with the same relative distance as shown by the cut.



Plate No. 9

### Movement No. 9.

---

For the convenience of the student this is divided into three sections. The first, on the opposite page, shows the start on the outward circles, both clubs working together.



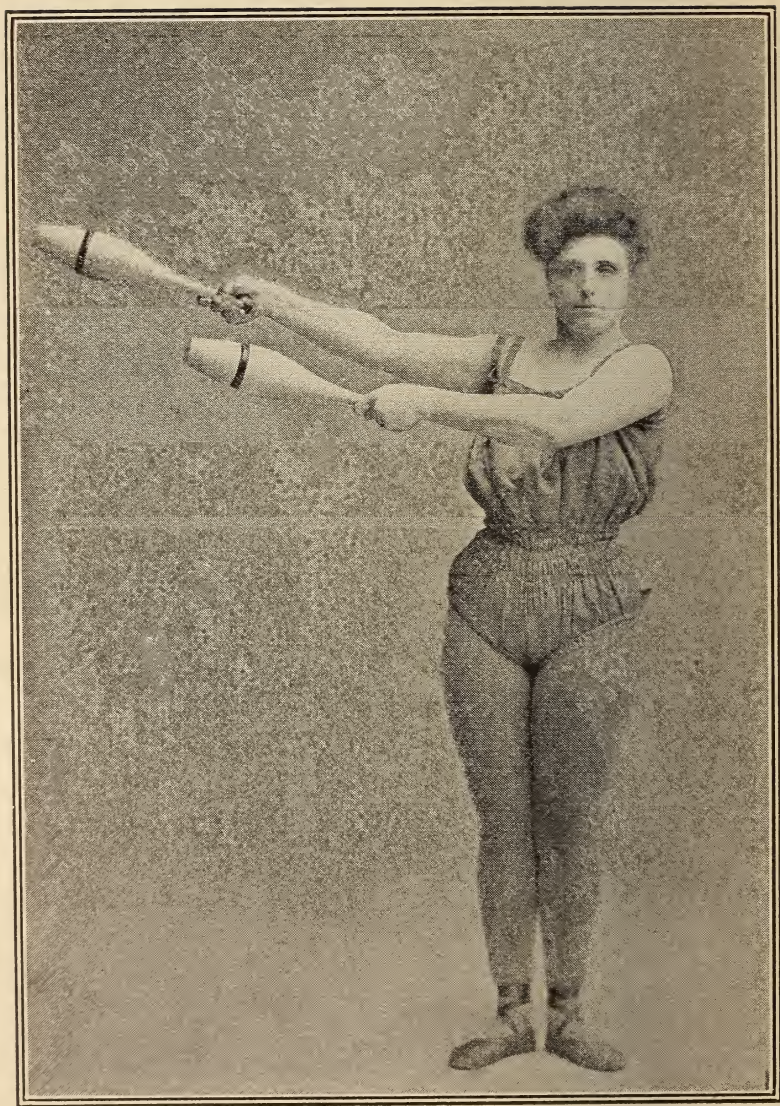


Plate No. 10



**Movement No. 10.**

---

From the preceding position the clubs are swung outward as shown by the accompanying illustration.



Plate No. 11

### Movement No. 11.

---

The movement is continued downward at arm's length from the position shown by plate No. 10, and the circle is continued until both hands reach a point at the top of the head, when the clubs are made to describe a short downward inner circle, and brought back to the position illustrated by plate No. 9.





Plate No. 12



**Movement No. 12.**

---

This is a one-arm movement, which is usually alternated, first with one arm and then with the other. Hold the left club at arm's length and swing the right club, first with an inner back and then with an inner front circle.



Plate No. 13

**Movement No. 13.**

---

While this is a very simple exercise, yet it is remarkably effective. Assume the position as shown by the accompanying plate, simultaneously describe an inner back circle, with the right club, and a downward inner left circle with the left club, which will have the effect of reversing the position. Each time the movement is repeated bring the club which described the inner downward circle up over the head.





Plate No. 14



### Movement No. 14.

---

This is the first position for the wrist movements, of which there are many, and the attention of the pupil is directed to the manner in which the clubs are held.



Plate No. 15

**Movement No. 15.**

---

In this exercise the arms are kept in the same position as shown on the opposite page, but by a movement of the wrists the clubs are revolved in horizontal circles. The simplest is the inward movement in which the ends of the clubs are swung in the direction of the face. The movement can be reversed.





Plate No. 16



**Movement No. 16.**

---

There is a certain amount of similarity between this and the previous exercise, but with the difference that instead of the clubs moving on a horizontal plane they move perpendicularly, swinging first outside and then inside the arms. (See next movement.)



Plate No. 17

**Movement No. 17.**

---

This is really a continuation of the previous exercise and shows the clubs in the act of being swung inward and downward, with the arms straightened in order to prevent the butt of the clubs touching the face.





Plate No. 18

**Movement No. 18.**

---

The movement of the clubs is precisely the same as in the two preceding exercises, except that the arms are extended at right angles to the body, and kept straight.



Plate No. 19



**Movement No. 19.**

---

This is a great developer for the forearms. Hold the clubs as shown by the plate and swing them together in circles in the position in which they are pictured. For a variation swing them in opposition positions alternately, keeping the arms stiff.



## ENDURANCE CLUB SWINGING

---

This chapter will be devoted to club swinging for endurance and the method in which Tom Burrows, the champion endurance club swinger of the world, trains for all his records. It is essential that one must be well advanced in all the exercises in this book before attempting endurance swinging. Practice from fifteen to thirty minutes daily with clubs two pounds each; ladies should use one pound to one and one half each. At least once a week one should swing their clubs for an hour without rest or stop. The action caused by endurance club swinging on the muscular system is so well balanced that each group of muscles gets the same amount of work which will produce an even and ideal development. The movements should not be too rapid; keep an average of fifty to sixty complete circles each minute; that number will work out to waltz time, and to obtain the best possible result without the least possible strain make as much use of your wrists in all your movements; do not hold the clubs by the knobs, but grip them by the handles if you wish to gain any benefit from the exercise. In commencing your exercise work outward circles, alternately right and left club over and under the shoulder, full front and back shoulder circles and follow on with all outward combinations in the book, then change to parallel circles and

lower back combinations; another change to inward circles and finish with windmill combinations. By so doing you will direct the strain from one group of muscles to another without any painful muscular effort. When you can accomplish the feat of swinging a pair of clubs, two pounds each, for one hour without rest or stops once a week, that exercise of endurance will increase your staying powers; act on the lungs without incurring the danger of breathlessness; it will quicken the circulation of the blood without fatiguing the heart and all the muscles of the body and arms are brought into action. At the finish of your club exercise always perform the following movements to develop the legs and thighs: Heels together, rise on toes, head and body erect, bend the knees and lower the body as far down as possible, forcing the knees well apart. Rise and straighten the knees, remaining on the toes. Perform this 10 to 20 times.

The following are the championships and records held by Tom W. Burrows: Open Championship of Australia, for fancy club swinging, Melbourne Athletic Club, Oct. 17, 1891; Aldershot (England), won Sportsman Belt championship of England, 24 hour record, March, 1895; Cairo (Egypt), won championship all comers medal and 26 hour 15 min. record, Jan. 1896; established British record, 30 hours, National Sporting Club, London, and won championship medal, March, 1897; 36 hour record Cape Town (South Africa), May, 1902; 6 days, 12 hours per day, World's record, Edinburgh (Scotland), June 6-11, 1902; 1 hour combination record, Cape Town, September, 1902, making 10,384 revolutions and movements in which he



displayed 1,193 combinations and exercises; championship match against Prof. J. West, won and put up 41 hour, 10 minutes record, Cape Town, May, 1903; 41 hr. 11 min. (Johannesburg), October, 1903; won championship of South Africa; defeated L. Papenfus, Johannesburg (South Africa), October, 1903; Beat C. Spinch, Cape Town, March, 1904, and established World's record of 42 hours.

The following are the rules under which all the above records and matches were made:—

## RULES FOR ENDURANCE CLUB SWINGING

---

- Rule 1. Each Club to weigh not less than 2 pounds and 21 inches in length and to be weighed by the Judges before and after the match.
- Rule 2. To swing not less than 50 complete circles each minute.
- Rule 3. To swing without cessation from start to finish without rest or stop.
- Rule 4. In all back shoulder circles the hands must be above the shoulders with each movement.
- Rule 5. No juggling or holding the clubs below the handles allowed.
- Rule 6. Pendulum or knob-swinging will be disqualified.
- Rule 7. To be not less than two Judges present to watch and time the swinging and to see that the rules are strictly fulfilled should a world's record be established.
- Rule 8. The Editor of THE POLICE GAZETTE to appoint a Referee and two Judges, who shall decide anything not provided for in the Articles.

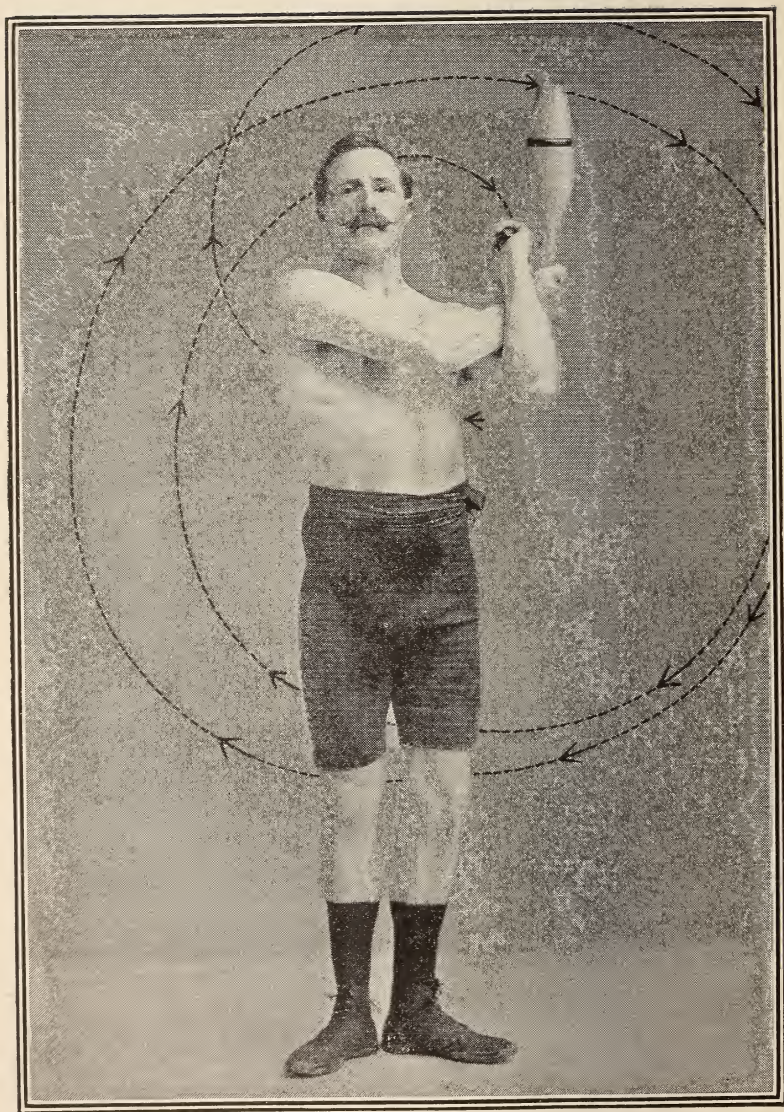


Plate No. 20

**Movement No. 20.**

---

Place the clubs in the position illustrated, and swing the clubs in the direction of the arrows on the dotted lines; move right club, and make a windmill combination.



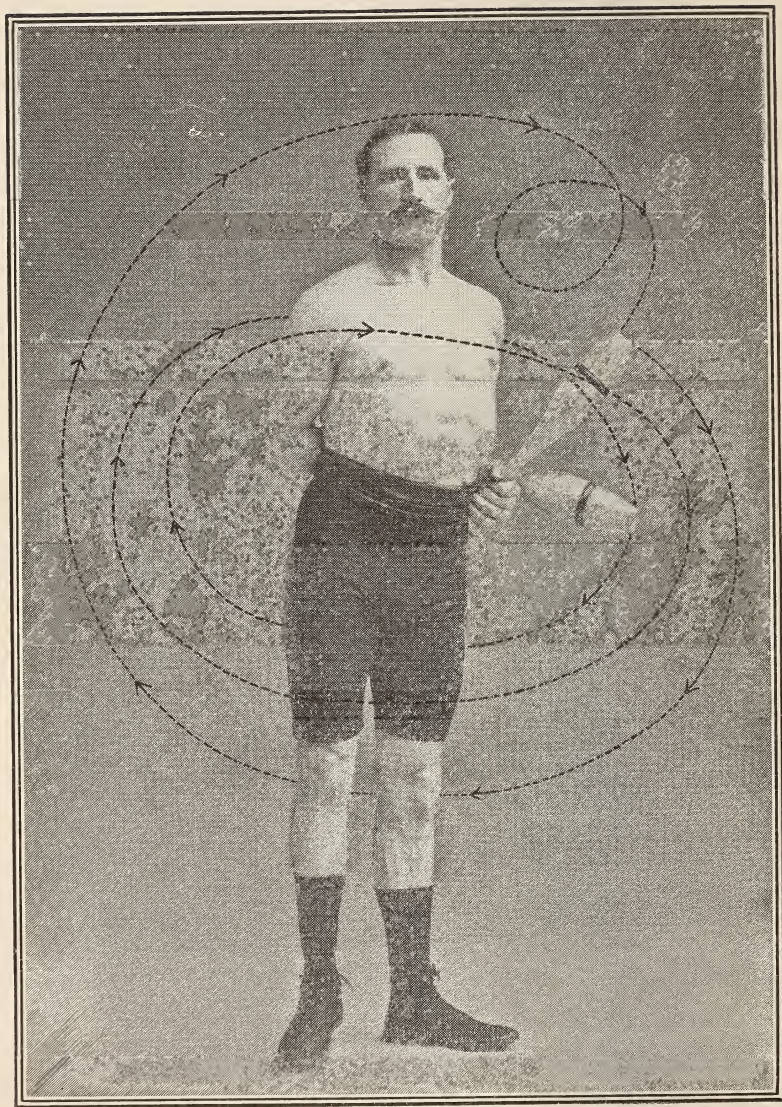


Plate No. 21

**Movement No. 21.**

---

Place the clubs in the position illustrated, and swing the clubs in the direction of the arrows on the dotted lines; make a lower back circle with left club first; follow with right club, and make a windmill lower back combination. This is a very difficult swing and effective.





Plate No. 22



**Movement No. 22.**

---

Place the clubs in the position illustrated and swing the clubs in the direction of the arrows on the dotted lines; the right wrist is crossed, and swing it first; follow with left club, outward and downward to the left side, and make a front windmill combination.

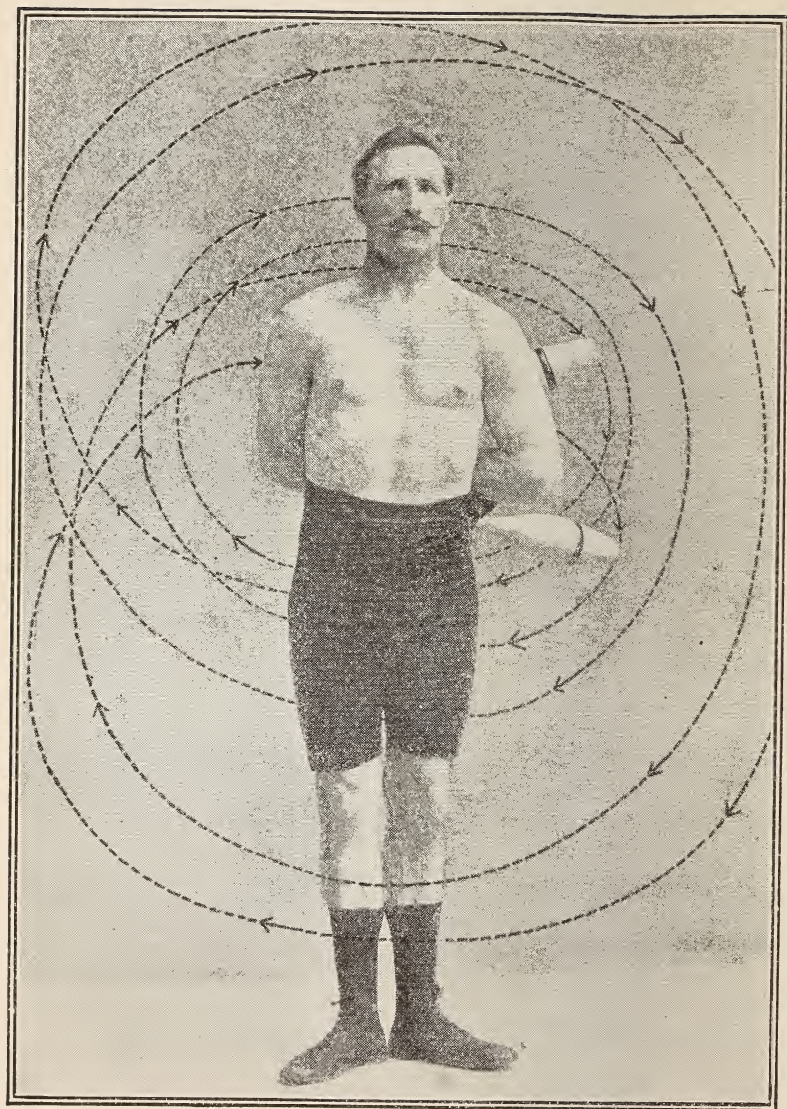


Plate No. 23

**Movement No. 23.**

---

Place the clubs in the position illustrated, and swing the clubs in the direction of the arrows on the dotted lines; then both clubs swing simultaneously from behind and make a parallel combination.



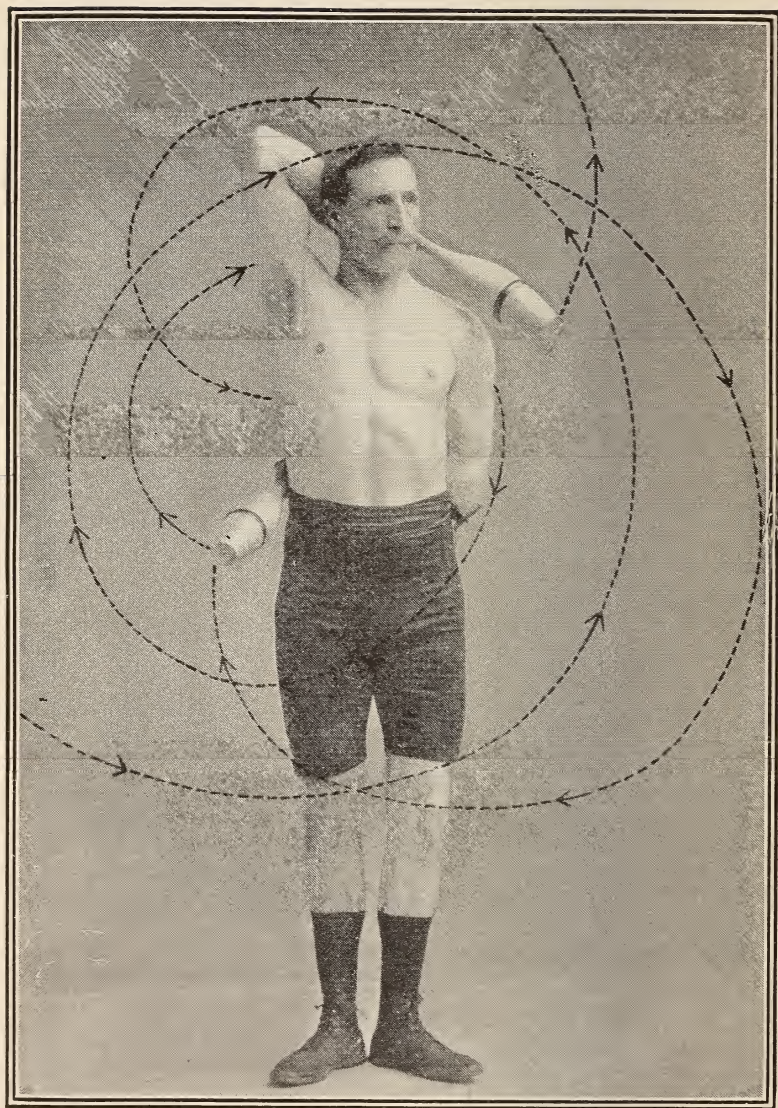


Plate No. 24

**Movement No. 24.**  

---

Place the clubs in the position illustrated, and swing in the direction of the dotted lines; swing the right club first, and make a lower back circle with the left club, which will make an outward circle combination. This is most difficult movement to learn, but is a very fine combination when the pupil performs it over both shoulders.



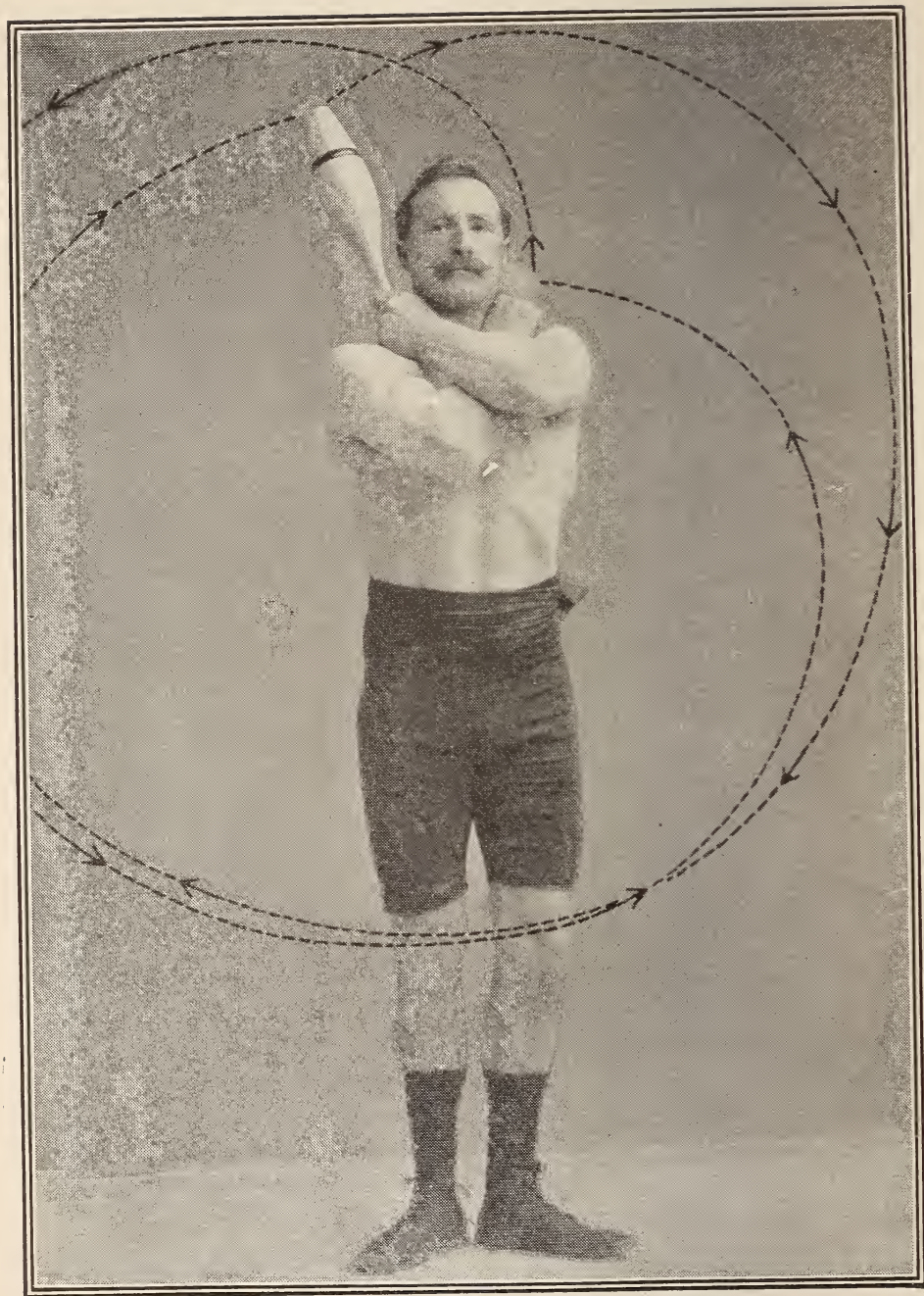


Plate No. 25

**Movement No. 25.**

---

Place the clubs in the position as illustrated, and swing both clubs simultaneously in the direction of the arrows on the dotted lines ; make an outward circle combination.



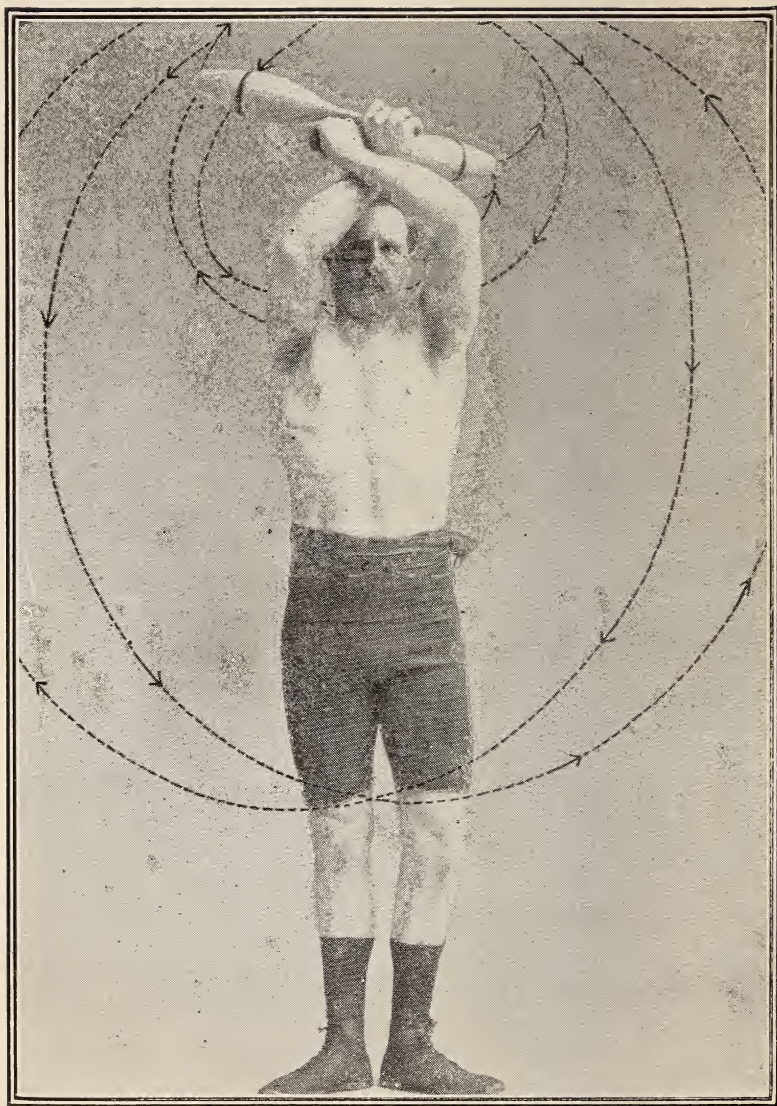


Plate No. 27

**Movement No. 25.**  

---

Place the clubs in the position as illustrated, and swing both clubs simultaneously in the direction of the arrows on the dotted lines; make an outward circle combination.



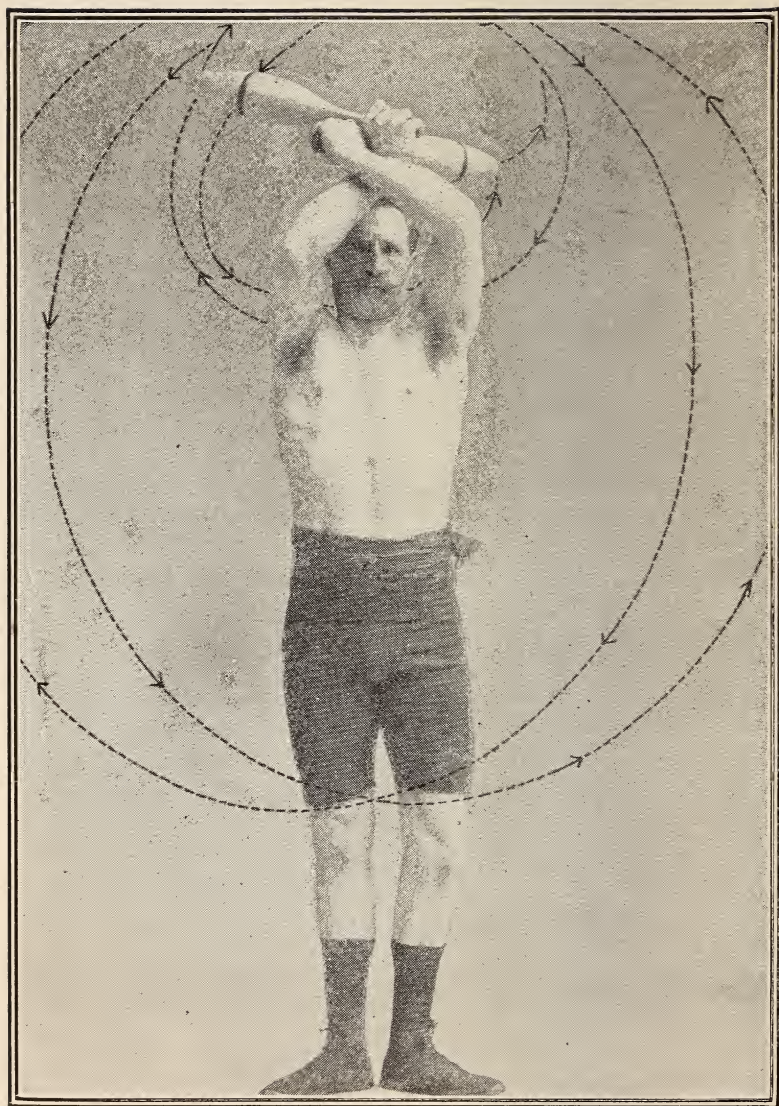


Plate No. 27



**Movement No. 27.**

---

Place the clubs in the position illustrated, and swing the clubs in the direction of the arrows on the dotted lines; cross the right wrist over the left wrist and make an inward front circle combination.

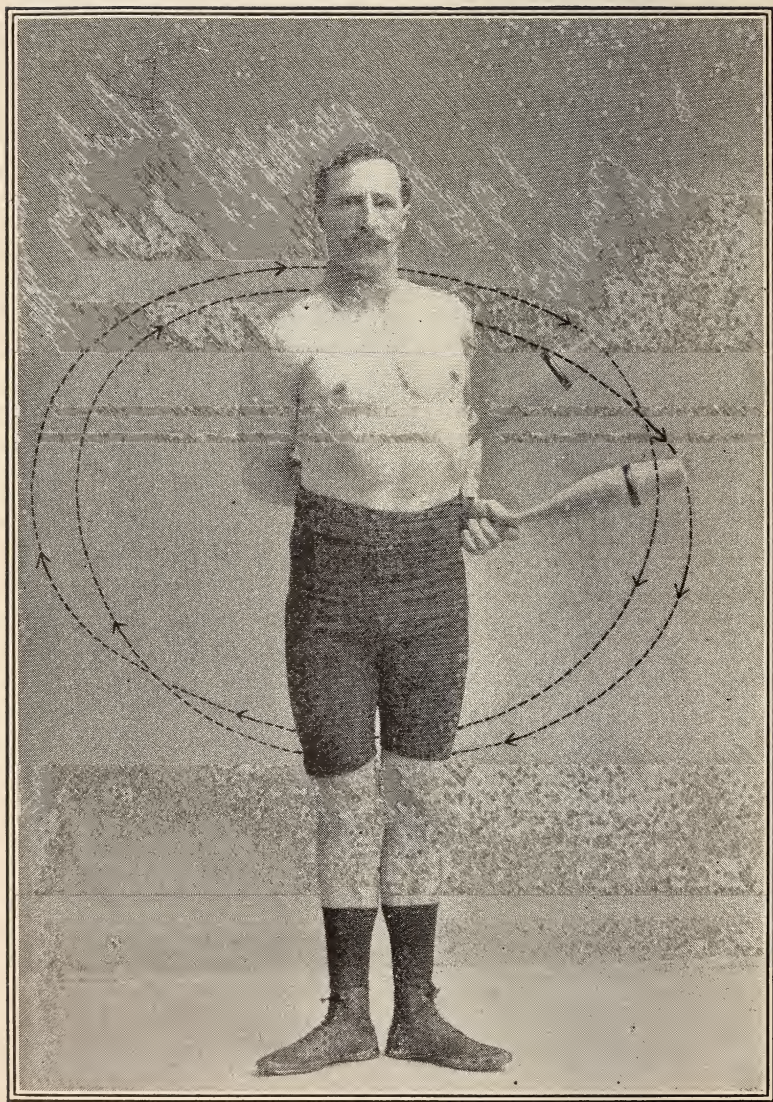


Plate No. 29

**Movement No. 27.**

---

Place the clubs in the position illustrated, and swing the clubs in the direction of the arrows on the dotted lines; cross the right wrist over the left wrist and make an inward front circle combination.



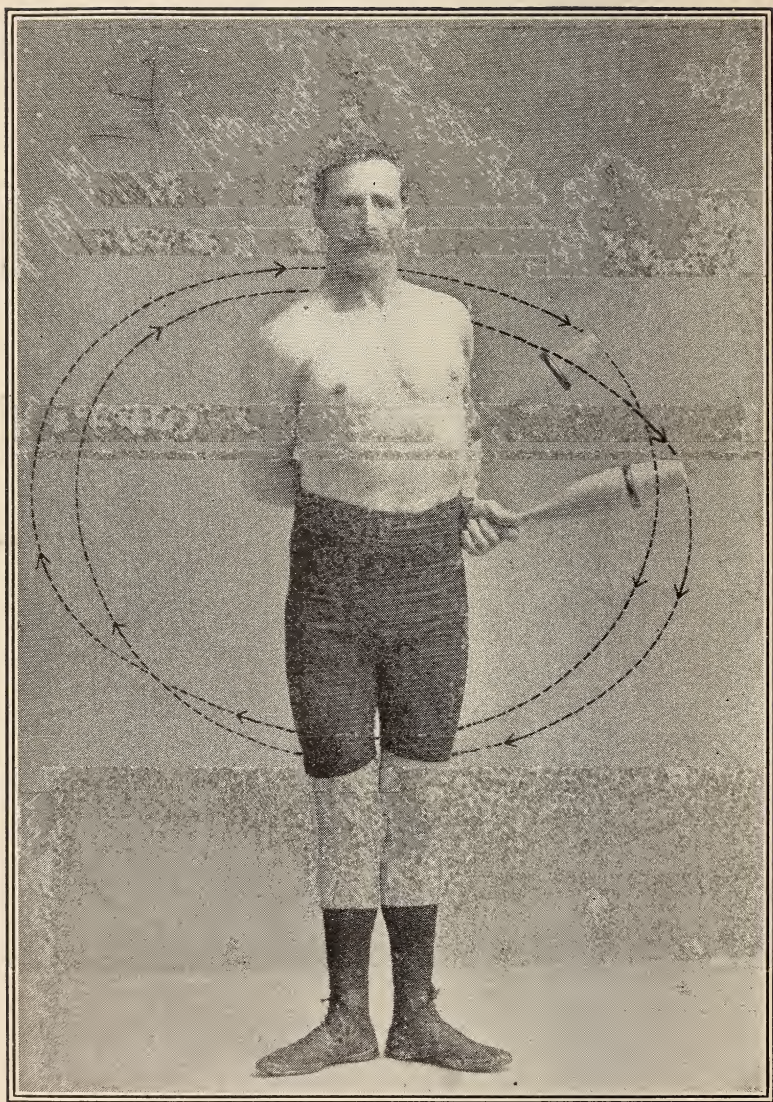


Plate No. 29

**Movement No. 29.**  

---

Place the clubs in the position illustrated, and swing the parallel in the direction of the arrows on the dotted lines, and from the lower back circles make a front parallel combination.

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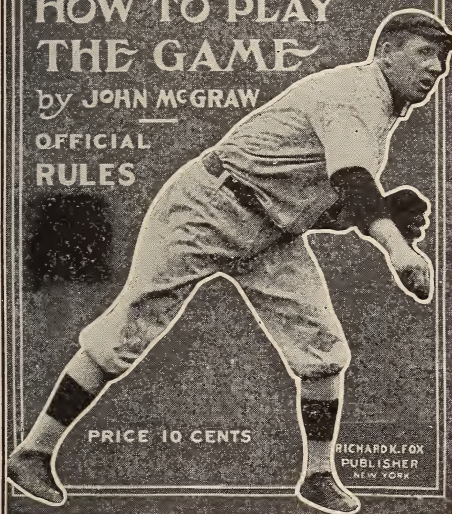
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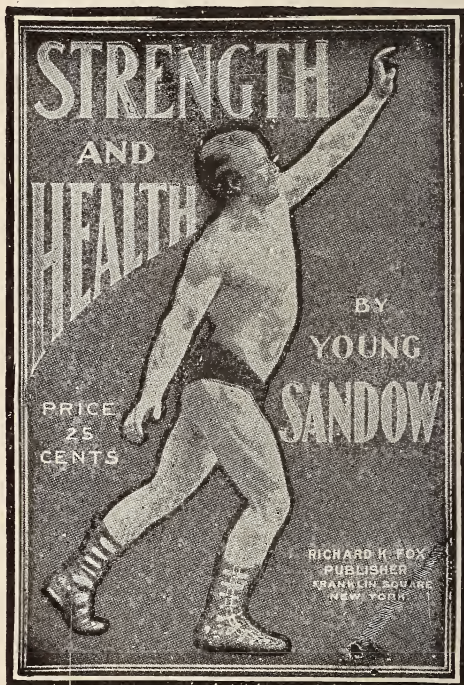
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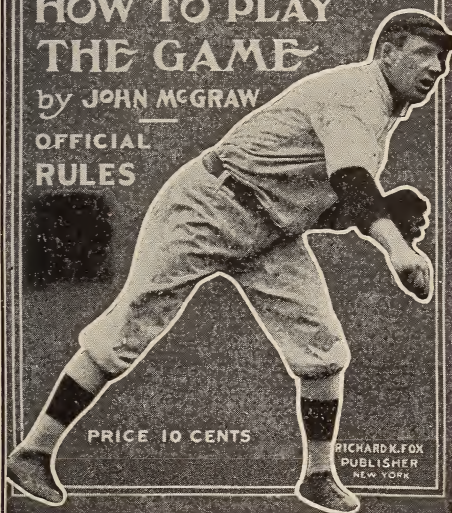
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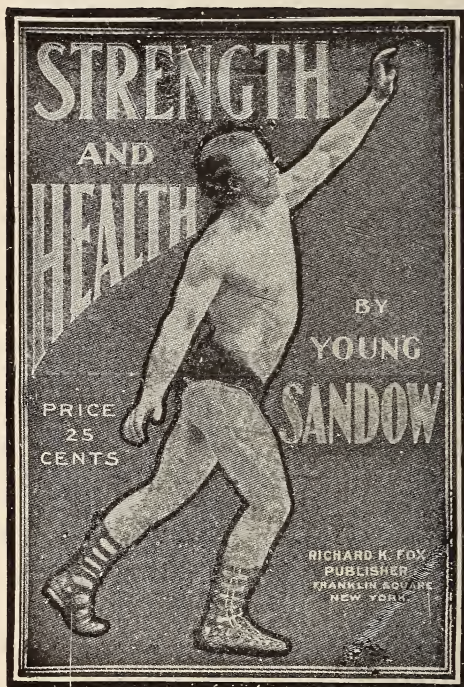
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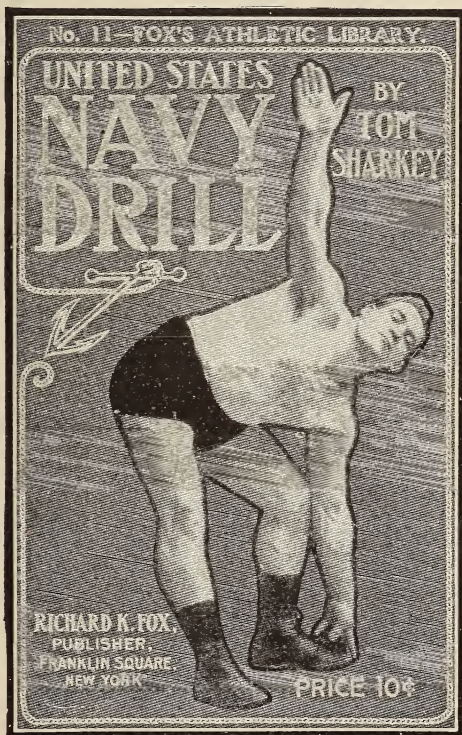
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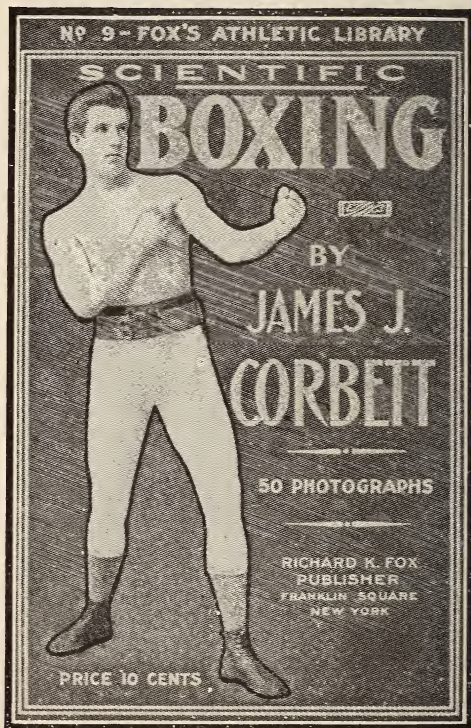
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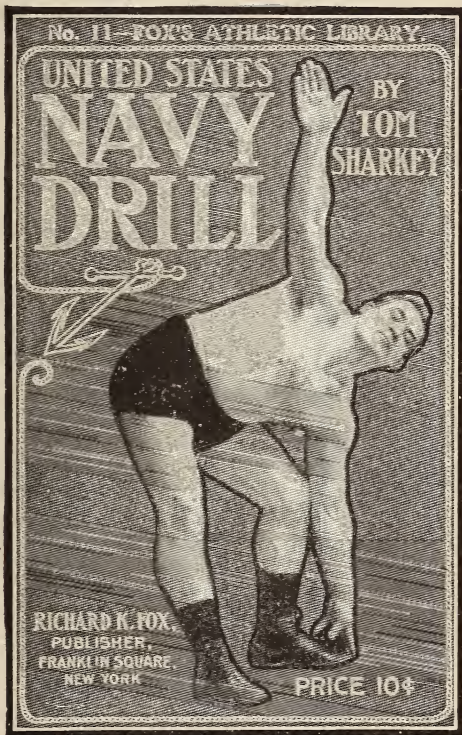
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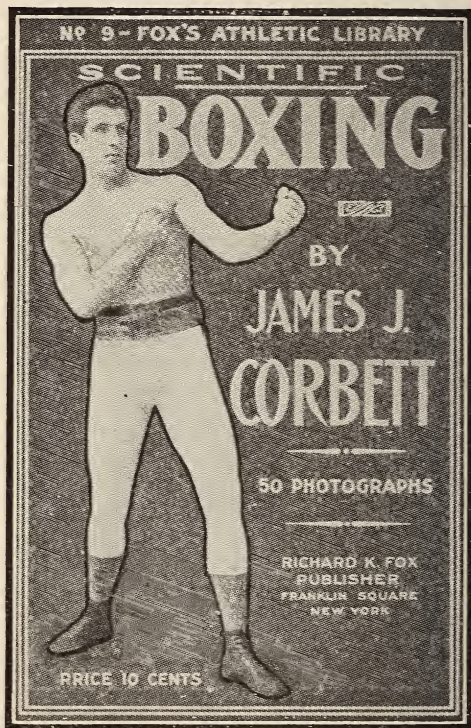
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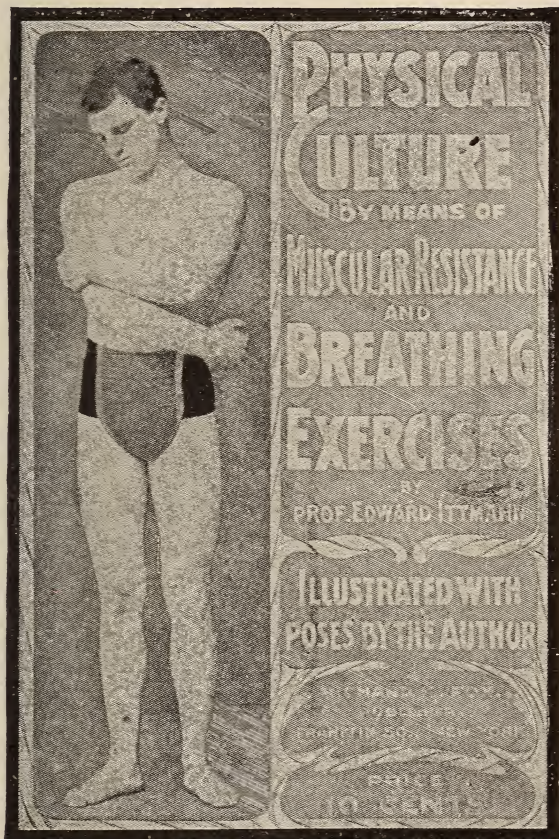
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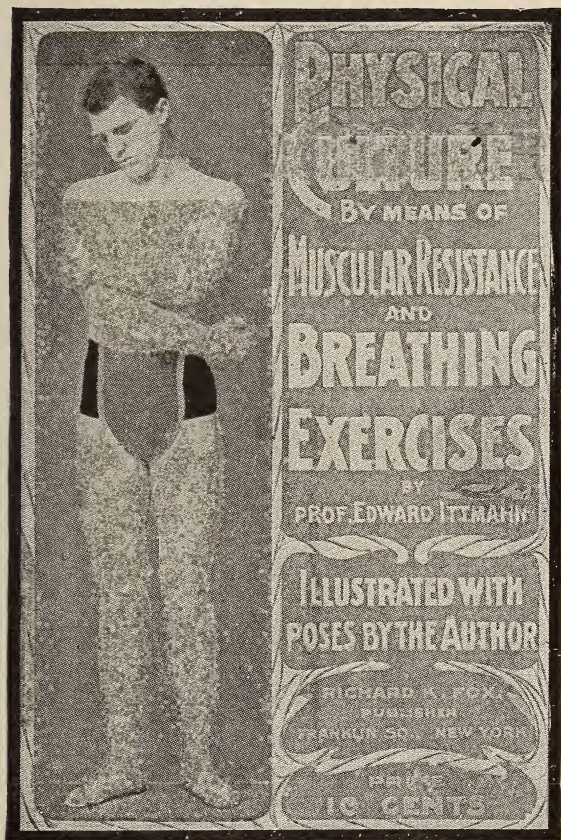
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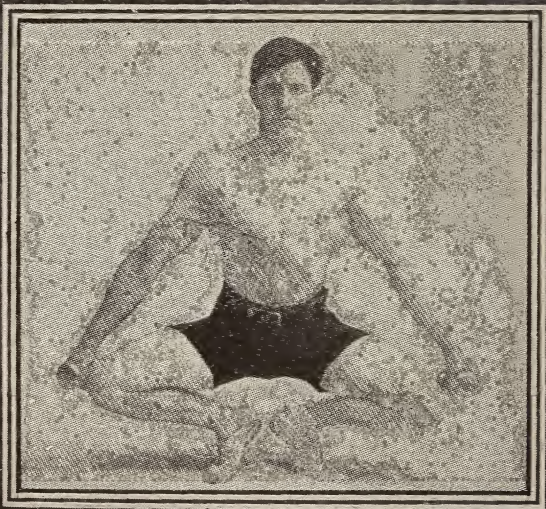
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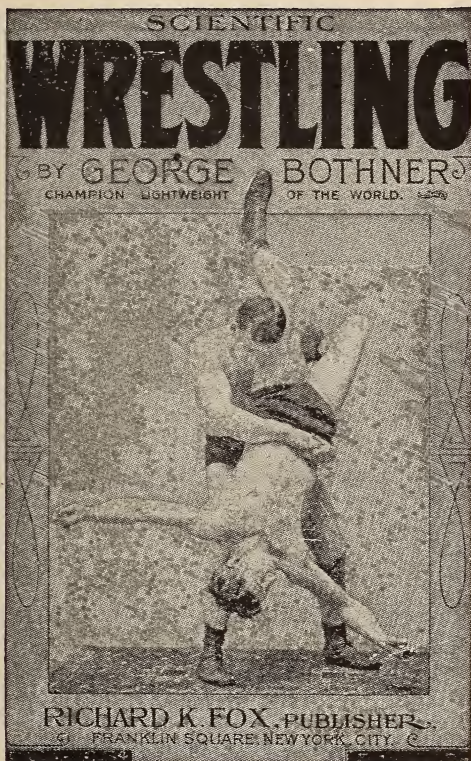
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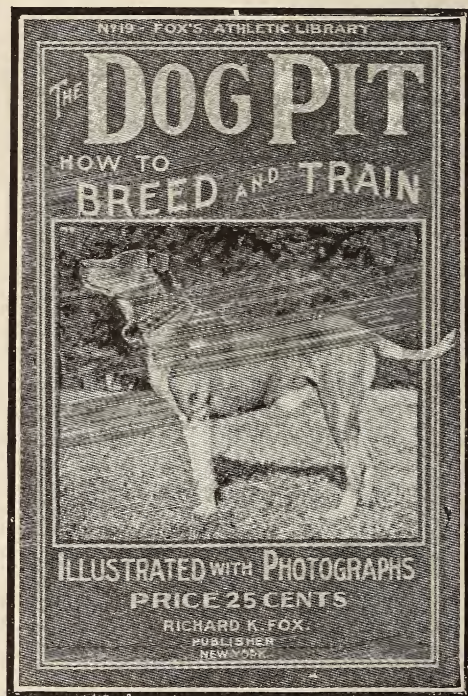
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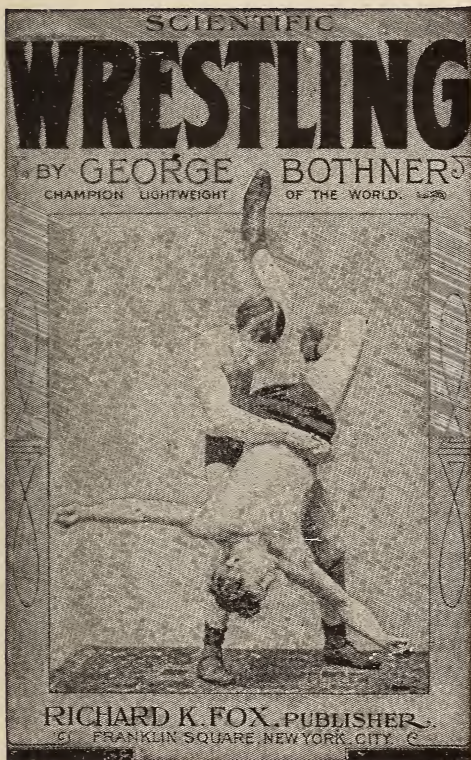
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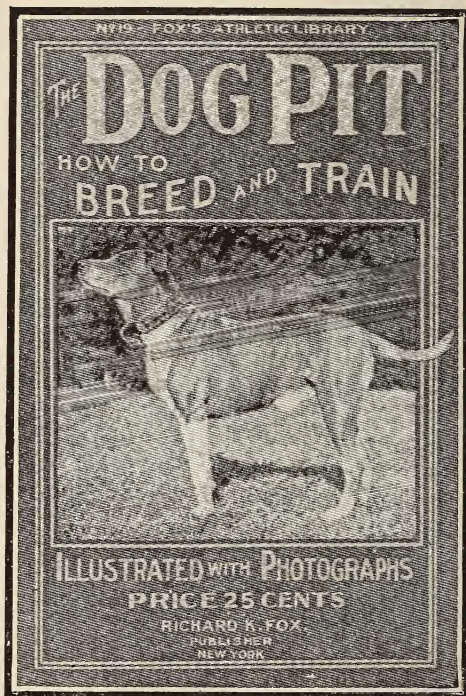
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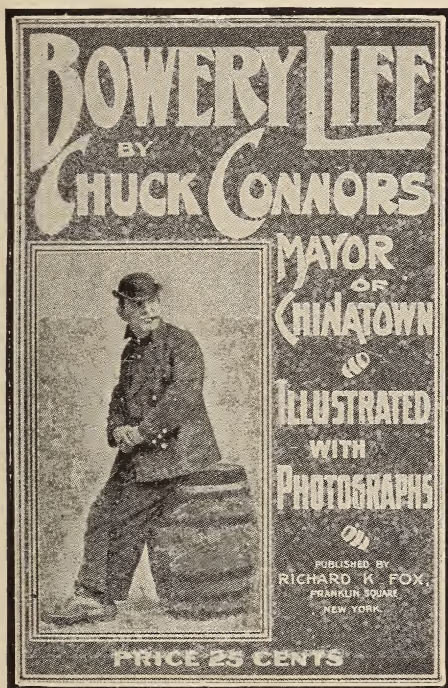
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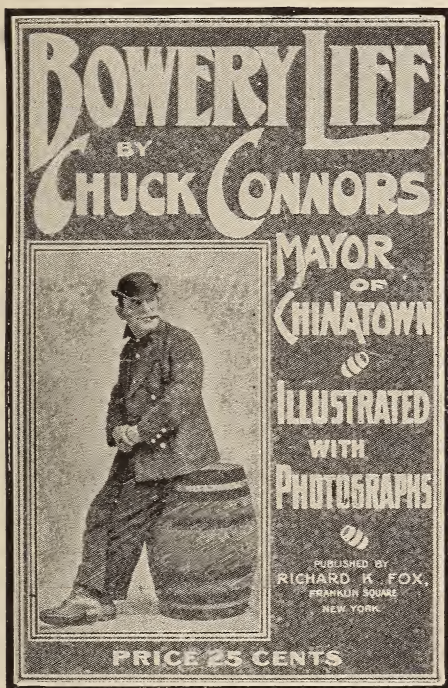
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